

MAY 2024 RAPPAHANNOCK COUNTY HIGH SCHOOL

Student Breakfast \$1.85 Student Reduced Breakfast FREE Adult Breakfast \$2.52

Friday Wednesday Thursday Monday **Tuesday** Sausage Gravy & Biscuit Ham, Egg & Cheese Croissant Breakfast Pizza Bagel & Cream Cheese French Toast Sticks Cinnamon Toast Crunch Bar **Glazed Doughnut Smoothie Fruit & Yogurt Parfait** Muffin, Cereal Bar Muffin, Cereal Bar Muffin, Cereal Bar Fruit, Juice & Milk Fruit, Juice & Milk Fruit, Juice & Milk Sausage Gravy & Biscuit o Steak, Egg & Cheese Croissant Panther Sandwich Bagel & Cream Cheese Sausage Biscuit Breakfast Pizza Pancakes & Toppings Bar French Toast Sticks Egg & Cheese Burrito Cinnamon Toast Crunch Bar Glazed Doughnut **Smoothie Smoothie** *Strawberry Shortcake Parfait Muffin, Cereal Bar Fruit, Juice & Milk Sausage Gravy & Biscuit 13 Ham, Egg & Cheese Croissant Panther Sandwich Breakfast Pizza Bagel & Cream Cheese Sausage Biscuit French Toast Sticks Waffles & Toppings Bar Glazed Doughnut Egg & Cheese Burrito Cinnamon Toast Crunch Bar *Strawberry Surprise Smoothie **Smoothie** Muffin, Cereal Bar Muffin, Cereal Bar **Fruit & Yogurt Parfait** Muffin, Cereal Bar Muffin, Cereal Bar Fruit, Juice & Milk Fruit, Juice & Milk Muffin, Cereal Bar Fruit, Juice & Milk Fruit, Juice & Milk Fruit, Juice & Milk Manager's Choice Manager's Choice Manager's Choice Sausage Biscuit Muffin, Cereal Bar Muffin, Cereal Bar Egg & Cheese Burrito Muffin, Cereal Bar **Teacher Workday** Fruit, Juice & Milk Fruit, Juice & Milk Muffin, Cereal Bar Fruit, Juice & Milk Graduation Early Release 12:00 Early Release 12:00 Early Release 12:00 Fruit, Juice & Milk **Last Day of School** 30 **Holiday Summer Break Summer Break Summer Break Summer Break Buildings Closed**

*Harvest of the Month is Strawberries! We will have Strawberry Shortcake Parfaits & *Strawberry Surprise Smoothies!

Guess what the other "surprise" fruits are in the Smoothie and you can win a free treat!

This menu is subject to change due to availability. For more information on which menu items may contain allergens, please contact the cafeteria manager.

Register and create an account for your child at www.K12PaymentCenter.com to add money and view purchases. "This institution is an equal opportunity provider."



Buildings Closed

MAY 2024 RAPPAHANNOCK COUNTY HIGH SCHOOL

Student Lunch FREE thru May 23, 2024 Adult Lunch \$4.31

Summer Break

Summer Break

Thursday Friday Monday **Tuesday** Wednesday Panther Bacon Cheeseburger Cheese Quesadilla Personal Pizza PB&J Sandwich PB&J Sandwich PB&J Sandwich Salad Bar, Baked Potato Salad Bar, Baked Potato Salad Bar, Baked Potato Fries & Tomato Cucumber Salad **Green Beans & Sweet Potatoes Broccoli & Potato Wedges** Fruit, Juice & Milk Fruit, Juice & Milk Fruit, Juice & Milk Spaghetti & Meatballs & Pepperoni French Bread Pizza *Walking Tacos Chicken Nuggets & Roll **BBQ Sandwich Bread Stick** PB&J Sandwich **PB&J Sandwich** PB&J Sandwich PB&J Sandwich PB&J Sandwich Salad Bar, Baked Potato Fries & Corn & Beans **Baked Beans & Cole Slaw** Fries & Carrots Green Beans & Sweet Potatoes Carrot & Broccoli Cups Fruit. Juice & Milk Fruit, Julie & Milk Fruit, Juice & Milk Fruit, Juice & Milk Fruit, Juice & Milk Chicken Sandwich 16 Chicken Tenders & Roll Ham & Turkey BLT Sub **Italian Sub** Pizza PB&J Sandwich PB&J Sandwich PB&J Sandwich PB&J Sandwich PB&J Sandwich Salad Bar, Baked Potato **Baked Beans & Carrot Sticks & Cucumbers** Fries & Tomato Cucumber Salad Fries & Green Beans Carrots & Broccoli Mashed Potatoes Fruit, Juice & Milk Asian Chicken Nuggets & Roll Bagged Lunch-Chicken Sandwich Pizza PB&I Sandwich **PB&J Sandwich PB&J Sandwich** PB&J Sandwich Fries & Carrots **Teacher Workday** Carrots & Chips Peas & Cucumbers Corn & Broccoli *Summertime Fruit, Juice & Milk Graduation Fruit, Juice & Milk Fruit, Juice & Milk Strawberry Fruit Salad, Early Release 12:00 Early Release 12:00 Early Release 12:00 Juice & Milk **Last Day of School Holiday**

*Harvest of the Month is Strawberries! Kick off summer with our *Summertime Strawberry Fruit Salad!

Summer Break

Summer Break

*The Walking Tacos has Local Ground Beef from Seven Hills, VA. There will also be Local Produce on the Salad Bar from various Farms in VA, including: Silver Creek Orchard, Bright Farms, Gotham Greens, Siron House and Goldman Farms! Other menu items highlighted are scratch-based recipes.

*No Salad Bar or Baked Potato the last week of school.